



THE GUIDE TO CANDY & BRACES

AVOID

- caramels & taffy
- hard & chewy candy
- jellybeans
- licorice
- bubble gum
- suckers
- sour candy
- popcorn & nuts

ENJOY

- chocolate
- peanut butter cups
- KitKat
- 3 Musketeers
- marshmallows
- soft cookies

